

**WHAT IS CLAIMED IS:**

1. A portable carrying case for personal care absorbent articles,  
comprising:

a body, said body defining an internal enclosure for receipt of a plurality of  
stacked personal care absorbent articles;

5 an opening defined in said body at a location so as to at least partially  
expose an upper one of said absorbent articles for dispensing without generally  
exposing underlying absorbent articles;

a lid movably disposed relative to said body from a closed position wherein  
said opening is covered by said lid to an open position wherein access is provided  
10 to said absorbent articles through said opening; and

a manual push structure defined in said body generally opposite from said  
opening, said push structure configured to allow a user to push on the bottommost  
one of said stacked absorbent articles so as to move the uppermost one of said  
stack of absorbent articles towards said opening for grasping and retrieval by the  
15 user.

2. The absorbent article carrying case as in claim 1, wherein said body  
comprises a multi-sided structure, said opening defined in a first said wall and said  
push structure defined in an opposite second said wall.

3. The absorbent article carrying case as in claim 2, wherein said multi-  
sided structure comprises a front wall, a back wall, and circumferential sides walls  
so as to define an elongated box-like structure, said opening defined in said front  
wall and said push structure defined in said back wall.

4. The absorbent article carrying case as in claim 3, wherein said  
circumferential sides walls defined a closed perimeter of said enclosure in said  
open and closed positions of said lid such that said absorbent articles cannot be  
slid out of said body and are removed by the user by pulling on said uppermost  
5 article in a direction generally transverse to a plane of said opening.

5. The absorbent article carrying case as in claim 1, wherein said lid is  
pivotal relative to said body.

6. The absorbent article carrying case as in claim 1, wherein said lid is  
slidable relative to said body.

7. The absorbent article carrying case as in claim 1, wherein said body comprises a shape generally conforming to an outline of said absorbent articles carried therein.

8. The absorbent article carrying case as in claim 1, wherein said push structure comprises an access opening defined through a wall of said body, said access opening having a restricted size so as to prevent removal of said bottommost article through said access opening.

9. The absorbent article carrying case as in claim 8, wherein said access opening is covered by an elastic material.

10. The absorbent article carrying case as in claim 9, wherein said elastic material is translucent.

11. The absorbent article carrying case as in claim 1, wherein said push structure comprises a resilient portion of a wall of said body generally opposite from said opening.

12. The absorbent article carrying case as in claim 1, wherein said body further comprises a viewing window such for a user to ascertain the contents of said body without opening said lid.

13. The absorbent article carrying case as in claim 13, wherein said viewing window is incorporated with said push structure.

14. The absorbent article carrying case as in claim 1, further comprising a biasing structure configured with said body to bias said stacked absorbent articles generally away from said opening and towards said push structure.

15. The absorbent article carrying case as in claim 14, wherein said biasing structure comprises a detent formed in a front wall of said body and said push structure is defined in a back wall of said structure.

16. The absorbent article carrying case as in claim 1, wherein said lid defines at least a portion of a front wall of said body in said closed position such that said opening is defined in said front wall upon said lid being moved to said open position.

17. The absorbent article carrying case as in claim 1, further comprising a stack of said personal care absorbent articles carried in said body.

18. The absorbent article carrying case as in claim 17, wherein said personal care absorbent articles comprise one of sanitary napkins, pantliners, tampons, and interlabial devices.

19. The absorbent article carrying case as in claim 1, wherein said body comprises an ergonomic shape generally conforming to the hand of the user.

20. A portable carrying case for personal care absorbent articles, comprising:

an elongated body having a front wall, back wall, and side walls, said body defining an internal enclosure within said walls;

5 a stack of personal care absorbent articles carried in said enclosure;

an opening defined in at least a portion of said front wall body at a location so as to expose an upper one of said absorbent articles for dispensing through said opening without generally exposing underlying absorbent articles;

10 said side walls defining a closed perimeter around said opening such that said absorbent articles are prevented from being slid out of said enclosure;

a lid movably disposed relative to said body from a closed position wherein said opening is covered by said lid to an open position wherein access is provided to said absorbent articles through said opening;

15 a manual push structure defined in said back wall and configured to allow a user to push on the bottommost one of said stacked absorbent articles so as to move the uppermost one of said stack of absorbent articles towards said opening for grasping and retrieval by the user in a direction generally transverse to a plane of said front wall; and

20 a biasing structure configured with said body and disposed to bias said stack of absorbent articles towards said back wall.

21. The absorbent article carrying case as in claim 20, wherein said lid is pivotal relative to said body.

22. The absorbent article carrying case as in claim 20, wherein said lid is slidable relative to said body.

23. The absorbent article carrying case as in claim 20, wherein said body comprises a shape generally conforming to an outline of said absorbent articles carried therein.

24. The absorbent article carrying case as in claim 20, wherein said push structure comprises an access opening defined through said back wall, said access opening having a restricted size so as to prevent removal of said bottommost article through said access opening.

25. The absorbent article carrying case as in claim 24, wherein said access opening is covered by an elastic material.

26. The absorbent article carrying case as in claim 25, wherein said elastic material is translucent.

27. The absorbent article carrying case as in claim 20, wherein said push structure comprises a resilient portion of said back wall generally opposite from said opening.

28. The absorbent article carrying case as in claim 20, wherein said body further comprises a viewing window such for a user to ascertain the contents of said body without opening said lid.

29. The absorbent article carrying case as in claim 28, wherein said viewing window is incorporated with said push structure.

30. The absorbent article carrying case as in claim 20, wherein said biasing structure comprises a detent formed in said front wall of said body.

31. The absorbent article carrying case as in claim 30, wherein said lid defines at least a portion of a front wall of said body in said closed position such that said opening is defined in said front wall upon said lid being moved to said open position, said detent formed in said lid.

32. The absorbent article carrying case as in claim 31, wherein said personal care absorbent articles comprise one of sanitary napkins, pantliners, tampons, and interlabial devices.